

BONDURANT

JULY 2025

# Living

MAGAZINE

## Dream YARDS

Residents share how they make  
the best of their outdoor spaces.

**Meet Shelby Schmidt**  
EDUCATION

**Broccoli and friends salad**  
RECIPE

**New additions to Story Time room**  
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**WELCOME**

## LAWN striping

I vividly remember the pride that Jolene and I had in owning our first home. That was more than 30 years ago, but, in many ways, it still feels like yesterday.

One of the most satisfying aspects of home ownership, at least for us, was having a yard to care for. We couldn't wait to mow our own lawn, do our own landscaping, plant our own trees, etc. It was a matter of pride, and we enjoyed it. It was also a time before becoming parents when we had more hours and more energy to devote to such things. What we didn't have back then were two dimes to rub together, and that's why we begged and borrowed from family members for used mowers and used trimmers and all the other stuff necessary to take care of a lawn.

I remember when I decided I should apply fertilizer to our lawn. This was new to me, as my frugal parents never spent their hard-earned money on such frivolous things. Mom simply had my siblings and me pull weeds by hand. But, as a first-time homeowner, I wanted my lawn to look nice. So, I bought the fertilizer and the spreader and I went to work, making paths throughout my yard like the instructions said to do. What I didn't do was have the dial set to the right number for my fertilizer spreader, and I burned my entire yard with stripes. This was obviously not what I had hoped for, but it did provide fodder for some good-natured ribbing from my neighbors during the years that followed. I gladly gave that fertilizer spreader to my sister-in-law, and I hired a company to do the fertilization from that point forward. And, in time, my lawn took shape — just in time to sell the property and start all over again at our new home.

Today, I still enjoy taking care of my yard — mowing, trimming, gardening, mulching, landscaping, tree trimming — and I am even fertilizing again. But, as I have aged, these tasks became overwhelming, especially when doubled. A few years ago, Jolene and I bought a home on a nearby lake, which meant we now had two properties to care for. It didn't take long before we realized the benefits in owning a townhome and having those yard tasks handled by someone else. I continue to get my fill of yard maintenance enjoyment at our lake home, but I do smile when watching the pros take care of our townhome property. And, thankfully, neither place has lawn stripes burned into the yards.

Thanks for reading. ■

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# Dream YARDS

Residents share how they make the best of their outdoor spaces.

**By Rachel Harrington**

Give 10 people the blank slate of a spacious yard, and you are likely to see those yards evolve into 10 different visions. Some will be a fenced-in oasis for dogs and kids to run, roll and play. Others will have pools and fire pits for summer fun. A few may even feature makeshift ballfields, sledding hills, playgrounds or ponds. And most all will provide a scenic setting for enjoying sunrises and sunsets. Whatever the vision, area residents share how their outdoor spaces have become their dream yards.

Tom and Donna Lathen say that keeping their yard in ship-shape condition is good for curb appeal and property values — theirs and their neighbors'.



## FEATURE

### TLC required

Two years ago, Carisa Spain moved into her newly built home. Though brand new, it was going to need a lot of tender love and care.

"I moved into my house in April 2023. The builders had sodded the yard in October 2022," she recalls. "My yard was very sparse, and there was a lot of thatch. The seams were still visible in the yard, and there were some weeds."

Spain set to work. She aerated her lawn, pulling the plugs out of the soil, and she dethatched her lot. Next, she began regular maintenance.

Spain follows a four-step fertilization process that she purchases from a home supply store to care for her Kentucky bluegrass, tall and fine fescue grass blend.

"The first step is the crabgrass preventer and pre-emergent," she explains. "Second, I apply 'weed and feed' to my yard. Third, I apply lawn food during the summer, and fourth is a fall 'weed and feed.'"

Spain says the key to a beautiful and healthy lawn is mowing often and high.

"I see too many people scalp their yard," she shares. "Mowing low isn't always the answer to



When Carisa Spain moved to her newly built home, she says the grass was sparse, there was a lot of thatch, and the seams of the sod were still visible. With a lot of diligence and care, she has created the lush lawn she wanted.



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## FEATURE

a nice-looking yard.”

She keeps her lawn at around 3.5- to 4-inches tall, and she mows about two to three times a week, depending on how much rainfall has occurred. When the weather is dry, she says weeds are more liable to sneak into the grass. However, the thicker the grass, the less the weeds can grow and the more the roots are protected from heat and plant sunburn.

“If we’ve gone two weeks or more without rain, I’ll give it a drink. But I don’t do that too much,” she says. Spain watered her lawn twice a week during the dry spell this year, and mostly just her front yard. Considering the recent watering ban, she says we are fortunate to have received the amount of rain we have this year since she typically relies on regular rainfall to water her yard.

“I take a lot of pride in my yard,” Spain shares. “I learned a lot from my dad. It was kind of embedded in me as a kid. I’d follow what he did as far as mowing and fertilization of the yard. I love doing it because it gets me outdoors.”

Not only does Spain enjoy caring for her green spaces, but she also likes sharing good



For the past 15 years, Nancy Schleicher has cared for her lawn with great pride. She avoids using chemicals since her dog enjoys running and playing in the yard.

lawn care practices with others.

“The biggest thing for me is teaching others how to take care of their yard,” she says.

She willingly shares with her friends and neighbors what she does and is more than happy to give advice.

“I feel like most people just don’t know

where to start,” Spain shares. “Hiring someone to help you if you aren’t sure about what to do is a good start, but it can be done on your own if you’re willing to make the commitment. Keeping the grass healthy helps with curb appeal, and that’s a good thing in a nice town like Bondurant.”

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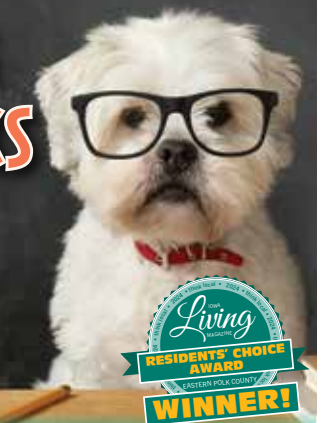
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## Clean and green

For the past 15 years, Nancy Schleicher has cared for her lawn with great pride. Once a resident of Perry on an acreage for many years, she and her late husband would team up to care for their property. He would use the riding mower, and she would take care of the area closer to their house with the push mower.

When she moved to Bondurant in 2012, her lot was much smaller.

“That summer was hot, and the yard was very torn up,” she recalls. “I had to keep laying more dirt and more grass seed.”

Schleicher spent much of the summer struggling to get her yard to fill in because the grass kept dying despite her continual seed applications. She eventually discovered she had been applying annual grass seed — something she didn’t even know existed — when a kind neighbor told her she should try something else. Once that was amended, the yard took a turn for the better.

Schleicher is intentional about not using chemicals to treat her yard so her dog, Eve, is not exposed. Therefore, instead of weed spray, she pull up dandelions with a tool. She beautified her yard with a tree in front of the house and one the backyard. She also added to a rock garden created by the previous homeowner in the front yard and added two others in the backyard.

When it comes to caring for and regularly maintaining her yard, Schleicher takes care of the work herself.

“I’ve always taken care of the yardwork here myself, and I’ve always liked doing it,” she says. “I mow about once a week, and I work the trimmer. The backyard grows faster, so I mow when it becomes too tall, and I trim the front yard so it doesn’t grow into the road. It takes me about an hour and a half to do it, and I don’t take many breaks.”

Schleicher relies on rainfall to water her yard most of the time. With the water ban, she left her lawn alone. Because of that, she is grateful for the recent rainfall that has helped keep her yard green.

Schleicher enjoys spending time in her yard with Eve, and Eve goes everywhere that she goes. She has some furniture on the front porch so she can relax and enjoy the view, and, from her back deck, she gets a view of her yard, the neighborhood pond, and a small neighborhood play area. Now, instead of watching her own grandchildren, who are now grown, play, she enjoys watching the young neighborhood children have fun while Eve remains safe inside her fenced yard.



The Lathens enjoy a well-kept yard, and Tim stays on the lookout for weeds that need to be pulled.

## For the good of the neighborhood

Tom and Donna Lathen moved from Roland to Bondurant in the middle of the pandemic.

“We closed on the house and moved into it in the middle of July 2020,” Tom Lathen says. “We had lived in Roland for 23 years and decided to downsize. We had a daughter and son-in-law that lived just north of Bondurant. I enjoy working in the yard, but I’m 72 and Donna is 71, and we wanted something smaller.”

The Lathens’ newly built home was the first house on their long block.

“Everything else was curb and weeds,” Lathen recalls. “We strategically bought this corner lot so we wouldn’t be boxed in by other houses on both sides, and we chose a south-facing lot for help with the sun on the driveway and sidewalks in the winter. We also put in an underground sprinkler system.”

Their next line of business after getting landscaping and new trees planted was establishing their lawn.

“In newly built homes, the soil just isn’t that good because the topsoil is removed,” Lathen states. “The builder does new homeowners a favor, though, by laying the sod. The homeowner just has to work at establishing it. Once it is established, the maintenance just isn’t that hard.”

The couple hires a company to help fertilize their yard with a six-step fertilization program

and spray for weeds.

“But that doesn’t win the whole battle,” Lathen shares. “We do some spraying ourselves, but often I’m on my hands and knees to pull weeds. If I see a weed while mowing, I stop and get down to pull it out.”

Lathen mows his yard one to two times a week depending on how fast the grass is growing. He says that it is critical to not cut it too short.

“I keep it about 3- to 3.5-inches tall. When you keep some length to it, it will look fuller, and the roots will be protected from the heat,” he says. “I do some overseeding in the fall and aerate the yard. I’d say it’s important to do that at least every other year.”

Lathen also bags his clippings as opposed to mulching them. He says that, though some people may disagree with him, his experience has been that bagging is better than mulching.

“The problem with mulch is that, eventually, you’ll end up with thatch that you have to get rid of,” he says. “The freer you can keep it from a thatch build-up, the better.”

Both Tom and Donna say that keeping their yard in ship-shape condition is good for curb appeal and adds value to both their home and their neighbors’ homes.

“As a homeowner, I owe it to my neighbors and neighborhood to keep a green yard,” he shares. “I love having a green yard, but it’s even more important for me to do it for my neighbors than for myself.” ■



## SUMMER health risks to seniors

As summer heat intensifies, older adults face elevated health risks. Aging bodies don't regulate temperature as efficiently, and common medications or chronic illnesses can exacerbate the risk. Older adults and their caregivers need to understand the risks and take proactive steps to stay safe in high temperatures.



Hydration is a critical factor. Older adults often don't feel thirsty when they are dehydrated, making it important to drink water consistently throughout the day. Sipping fluids before feeling thirsty can prevent a number of problems. Avoiding caffeine and alcohol, which can have dehydrating effects, also helps maintain optimal hydration levels.

Home preparation matters, too. Seniors should check that fans or air conditioning units are working before heat waves hit. Simple practices like closing blinds during the day and using fans to circulate air can reduce indoor temperatures. Families and caregivers should check in with their loved ones regularly, especially during extreme heat events, to ensure safety and offer help if needed. Staying connected can make a big difference. Older adults who regularly communicate with friends, family or neighbors are more likely to stay informed about weather changes and get timely assistance if needed. A quick phone call

or text check-in can be a lifeline during heat waves. Social interaction also helps prevent the isolation that can make it harder to recognize or respond to heat-related risks.

Understanding the signs of heat-related illness is crucial. Symptoms such as dizziness, rapid heartbeat, nausea or confusion may indicate heat exhaustion, or worse, heat stroke. Seniors or caregivers noticing these signs should act quickly: move to a cooler area, drink fluids and seek medical help if symptoms do not improve within 30 to 60 minutes.

While hot weather presents unique risks to older adults, it does not have to stand in the way of enjoying the season. With thoughtful planning, proactive steps, and support, seniors can stay cool, hydrated and healthy all summer long. Taking the heat seriously now can mean a more comfortable and safer season ahead. ■

Information provided by Stephanie Proper, executive director, Valley View Village, 2571 Guthrie Ave., Des Moines, 515-265-2571.



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# RECIPE

By Jolene Goodman

## BROCCOLI and friends salad

Step aside, "Trees and Raisins." It's 2025, and there is a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.

Salads and slaws have come a long way in the past 75 years. I'll admit, I wasn't a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



### Broccoli and friends salad

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

#### Ingredients:

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

#### Dressing:

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2 tablespoons poppy seeds

#### Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with



lemon juice to prevent browning; add to bowl.

- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.

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## PLAN AHEAD

By Sasha Mudlaff  
and Holly Peterson Miller

# THANK YOU, Mom and Dad

Our mother died a few years ago after struggling through the late stages of Alzheimer's disease. Honoring her during this stressful time was our family's ultimate goal. And, then again, when she died, we wanted to honor her life in the best way we could. Well, we can tell you firsthand that having her preplanned funeral in place was extremely valuable in helping us achieve our goal. All of the information surrounding her death, visitation, service and burial were organized in a preplanning file at the funeral home. Knowing her wishes, having merchandise selections already made, having the details about what would be in her obituary already written down and having the information for the death certificate already recorded all helped to make the process of funeral arrangements so much easier for our family.

Since that time, our dad has been "tweaking" his own preplan, which is currently in place at the funeral home — and for that we are so thankful. While we certainly don't wish for his death any time soon, we are grateful that his thoughts and wishes are safely in a file at the funeral home so that, when that time comes, and our heads are spinning with grief, we won't have to wonder or guess — we will know exactly how best to honor him.

Thank you, Mom and Dad, for this gift. With love from your daughters. ■

Information provided by Sasha Mudlaff and Holly Peterson Miller, family owners, Hamilton's Funeral Home, 605 Lyon St., Des Moines, IA 50309, 515-243-5221.



## REAL ESTATE

By Austin Sullivan

# DO I REALLY need a home inspection?

Let's talk about it.

If you're buying a home in Iowa, you might be wondering: Do I really need a home inspection? While home inspections are never legally required, they're almost always a smart move, and these days nearly every buyer is doing them.

Back in the hot market of 2021, skipping inspections was a bold and risky way to stand out in a sea of multiple offers. Buyers would waive the inspection to sweeten the deal, which sellers loved. No repairs, no haggling, just a clean sale. But now that the market has cooled, inspections are back in full force, and we're even seeing buyers order multiple inspections on a single property.

The most common? The general home inspection. This is when a licensed inspector checks all the major components of the house including appliances, HVAC systems, electrical, plumbing, attic, crawl spaces and more. Think of it as a full body checkup for your future home. It's a great way to uncover any hidden issues before signing on the dotted line. But do all homes need one, even new construction? Yes, absolutely!

Another inspection that's practically a must in Iowa is radon testing. Did you know that an estimated 71.6% of homes in Iowa have elevated radon levels? That's wild. Inspectors place a device in the home that monitors radon levels every hour over a 48-hour period. If the average level comes back above 4.0 pCi/L, it's recommended that a mitigation system be installed. These systems typically start around \$1,200, money well spent for your health and peace of mind.

Sewer scopes are also growing in popularity, especially in older neighborhoods or homes with large trees nearby. This involves running a camera down the home's sewer line to check for cracks, dips called bellies, or blockages. These inspections have become more common because of the high cost of sewer line repairs, which can easily exceed \$15,000. And yes, even brand new homes can have issues, so don't skip this one just because everything looks new.

At the end of the day, home inspections give buyers valuable knowledge and negotiating power. More importantly, they help you avoid costly surprises after move-in day. Just be sure to hire a local, experienced inspector who can explain what they are seeing in simple, clear terms. An inspection might not be required, but it could save you thousands and a whole lot of stress. ■



Information provided by Austin Sullivan, Re/Max Concepts, 3880 Prairie Fire N.W., Altoona. 515-943-9797. [austin@soldwithsullivan.com](mailto:austin@soldwithsullivan.com)

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## ADDITIONS to Story Time room, events and more

Once again, the library is so thankful for the support of the Polk County Supervisors. The Bondurant Community Library Foundation received a Polk County Community Betterment grant to cover the costs of a brand-new play kitchen and activity rug in the library's Story Time room.

We also must thank Sean Metzger of Metzger Woodworks for constructing our new play kitchen. He also created the new puppet theater, which you can see right now in the Story Time room. His work is superb, and we cannot thank him enough for his talent and generosity. Stay tuned for the announcement of the arrival of the play kitchen.

In addition, speaking of thankfulness, we must say a huge thanks to all of the sponsors of the 2025 Summer Reading Program. We had more than 1,100 participants in the program, and, without our sponsors, we would not be able to deliver the quality program our patrons love so much. Thanks for helping us keep children — and those of all ages — reading through the summer months.

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- Fit for Life (exercise class for older adults), Monday and Thursdays at 8:30 a.m.
- Story Time, Tuesdays and Wednesdays at 10:30 a.m. and Fridays at 12:45 p.m.
- Baby Story and Play Time, Thursdays at 9:30 a.m.
- Aug. 5, Reading Dragons Book Club (grades 3-5) at 6 p.m.
- Aug. 5, Bonnie and Clyde Shootout in Dexter program at 6 p.m.
- Aug. 6, Pokémon Club at 4:15 p.m.
- Aug. 7, Adult Craft Night (registration required) at 6 p.m.
- Aug. 9, Messy Munchkins at 10:30 a.m.
- Aug. 12, Book Discussion for Adults at 6 p.m.
- Aug. 13, Curious & Creative Kids Club at 4:15 p.m.
- Aug. 14, Family BINGO at 6 p.m.
- Aug. 15, Coffee Social at 1 p.m.
- Aug. 16, Saturday Stories at 10:30 a.m.
- Aug. 19, In the Middle Book Club (grades 6-8) at 6 p.m.
- Aug. 19, Introvert Book Club at 6 p.m.
- Aug. 21, Anime Club at 4 p.m.
- Aug. 23, Puzzle Competition (registration required) at 1 p.m.
- Aug. 25, After School Shrinky Dinks at 2:30 p.m.
- Aug. 25, Teen Café at 4:30 p.m.
- Aug. 26, Adult Crafternoon (registration required) at 1 p.m.
- Aug. 28, Hearth Healthy Eating for Life at 6 p.m.
- NOTE: Library Closed Aug. 31 and Sept. 1 ■

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## MEET Shelby Schmidt

Sharing her passion for music with students

Shelby Schmidt, a music education teacher at Bondurant-Farrar's Morris Elementary, has deep roots in the community. She grew up in Bondurant and attended school there from kindergarten through high school graduation. During her time in the district, she was actively involved in both vocal and instrumental music — experiences that ultimately sparked her passion for music education.

"I always enjoyed being able to participate in multiple activities at Bondurant, and I really liked that, by attending a smaller college, I could do the same," she says. "After my first placement in a classroom, I knew that I wanted to continue to be in the classroom and encourage students to have a lifelong passion for music."

Schmidt graduated from Wartburg College in 2018 with degrees in music therapy and music education. She has now spent three years teaching music at Morris Elementary.

"I was initially drawn to it because I liked the opportunity to solely work with younger elementary students," she shares. "I knew the Bondurant school system, and I felt like I would like to give back to the school and community that gave me so many opportunities."

What Schmidt enjoys most about her role is witnessing her students' enthusiasm for music.

"I love hearing students singing a song that I taught them, seeing the joy on their faces, and hearing from the students about their excitement to practice a new instrument or move to the music," she says.

The hardest part, she admits, is saying goodbye when students move on to other schools.

"I really enjoy the connections I make with the kids, and I love seeing them outside of the classroom," she says.

Some of Schmidt's favorite memories as a teacher have come from the concerts she's helped lead, each one attended by her husband, which she thinks is fun.

"I feel an overwhelming sense of pride for the students as all of their hard work is showcased," she says. "Seeing the joy on their faces makes all of the long days incredibly worth it."

Looking ahead, Schmidt doesn't see herself changing districts.

"I can see my future at Bondurant-Farrar because I love the team collaboration opportunities, the student engagement, the community support, and the lifelong friends that I have made here," she says. ■



Shelby Schmidt, pictured with her son, is glad to be teaching in the district she attended as a child.



# News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

July 2025

## HAVE YOU REGISTERED YOUR CHILD FOR SCHOOL? WE'RE HERE TO HELP!

Registration for the 2025-26 school year is underway! This is an annual process, required for ALL students, that provides families an opportunity to update household information prior to the start of a new year. Families are encouraged to complete this process by August 1.

### ➤ Two Ways To Sign-Up For School:

**ONLINE:** The registration process can be completed fully online at [www.bfschools.org/registration](http://www.bfschools.org/registration)

**IN-PERSON:** Schedule an appointment by emailing [registrar@bfschools.org](mailto:registrar@bfschools.org) or calling 515-967-7819.



## JOIN OUR TEAM THIS SCHOOL YEAR:

We are looking for dedicated, caring individuals to join our school community. Currently, we have openings for:

### ➤ Special Education Paraeducators:

- Support students through their educational journey by providing classroom and 1:1 assistance
- Schedule aligns with student academic calendar
- Approximate hours 7:45AM - 3:45PM
- Starting pay \$16.75 per hour

### ➤ School Bus Drivers:

- Ensure students arrive safely to and from school
- Seasoned drivers welcome, training provided
- New bus drivers will start at \$25/hour with 90 minutes guaranteed per AM/PM route
- \$1,000 signing bonus for new team members

If you are passionate about helping others & interested in joining our team, we want to hear from you!

Please contact us with questions or for assistance in the application process:

- Phone: 515-967-7819
- Email: [hr@bfschools.org](mailto:hr@bfschools.org)

[www.bfschools.org/careers](http://www.bfschools.org/careers)



## BACK-TO-SCHOOL EVENTS: MARK YOUR CALENDARS!

Grades: PK, K, 1, 2

### **Morris Elementary**

All Students:  
**August 20 from 4:00-6:00PM**

#### **PRESCHOOL ONLY:**

- Home visits Aug 25-28
- First day of PK Sept 2

Grades: 2, 3, 4

### **Anderson Elementary**

All Students:  
**August 21 from 4:00-6:00PM**

The first day of school for students entering grades K-12 is August 25, which is a 2PM early dismissal.

Grades: 5, 6

### **Intermediate School**

All Students:  
**August 20 from 4:00-6:00PM**

Grades: 7, 8

### **Junior High**

All Students:  
**August 21 from 4:00-6:00PM**

New Student Orientation:  
**August 12 from 8:30AM-Noon**

Grades: 9, 10, 11, 12

### **High School**

All Students:  
**August 20 from 8:00AM-Noon, 1:00PM-4:00PM**  
(also school picture day)

New Student Orientation:  
**August 14 from 2:00-3:00PM**

## Contact Us:

Bondurant-Farrar District Office  
300 Garfield Street SW, Bondurant  
Phone: 515-967-7819  
Online: [www.bfschools.org/contactus](http://www.bfschools.org/contactus)



## Stay Connected:

Facebook: @BFDistrict  
X: @BF\_District  
YouTube: @Bondurant-FarrarCSD  
Flickr: [www.flickr.com/photos/bfcsd/albums](http://www.flickr.com/photos/bfcsd/albums)

EOE / AA



## EVENTS IN THE AREA

Be sure to check for cancellations.

### Coming up in the Bondurant Living magazine:

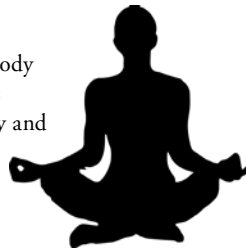
**RV Camping:** Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

**Home Improvement:** Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

### Yoga at the Depot

Wednesday, Aug. 13, 6-6:45 p.m.  
The Depot, 2 Main St. S.E.,  
Bondurant

Flow Yoga is a 45-minute mind-body class that increases strength, flexibility and cardiovascular fitness through a flowing series of yoga postures. Bring a blanket or yoga mat with you to class. Cost is \$5 per person, to be paid via cash or Venmo upon arrival.



### Pilates in the Park

Wednesdays July 30, Aug. 13  
and Aug. 27, 6:30-7:15 p.m.  
The Depot, 2 Main St. S.E.

Enjoy Pilates in the Park for free  
(a mat can be rented for \$5).

### Passport to the Parks

Until Aug. 28  
Bondurant parks

Register online for free and pick up a passport at the Bondurant Library, then track down Benji the Blue Jay, one each hidden on the playground at each park listed on the Parks Passport. For more information and registration, visit <https://secure.rec1.com/IA/bondurant-ia/catalog>.



### 3rd Annual Bondurant Car Show

Saturday, Aug. 23, 8 a.m. to 2 p.m.  
315 Second St. N.W., Bondurant

Enjoy the Third Annual Bondurant Car Show. Registration is 8-10 a.m. with judging from noon to 1 p.m. and awards at 2 p.m. Awards will be presented for: Best Car, Best Truck, Best Motorcycle, Best in Show. Proceeds go to help local veterans. For more information, call Scott at 515-402-6118 or James at 515-971-2455.



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## Summer Camps

### Various dates

Join an exciting summer filled with adventure, creativity and outdoor fun. The city of Bondurant Parks and Recreation Department offers a variety of summer camps designed to engage kids of all ages in sports, arts, nature and hands-on learning experiences. Each camp will feature age appropriate activities, experienced instructors and a safe, welcoming environment to help kids make new friends, stay active and create unforgettable summer memories. Camp locations will vary. Check the details for each specific camp to ensure you're headed to the right place. Sign up and information: <https://secure.rec1.com/IA/bondurant-ia/catalog>

- MacQueen Robotics. Fourth through eighth grade, Aug. 11-15, 9 a.m. to noon.
- Mad Scientists Training Academy. Second through fifth grade, Aug. 4-8, 9 a.m. to noon.
- Project Runway. Fourth through eighth, Aug. 18-22, 9 a.m. to noon.

## DMPA Free Outdoor Family Events

Aug. 13 and 23

Cowles Commons, 313 Walnut St., Des Moines

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost. Aug. 13 enjoy Storytime Under the Green Umbrella, and, on Aug. 23, enjoy Dancing on Cowles Commons. For more information including times and park locations, visit [www.desmoinesperformingarts.org/whatson/series/free-outdoor-family-events](http://www.desmoinesperformingarts.org/whatson/series/free-outdoor-family-events).

## Music in the Garden Series

July 24 and 31, and Aug. 7

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines  
[www.dmbotanicalgarden.com](http://www.dmbotanicalgarden.com)

Enjoy live music in the beautiful setting of the Greater Des Moines Botanical Garden. Upcoming concerts are: July 24: The Crowfoot Rakes; July 31: Mango Soul; Aug. 7: Diplomats of Solid Sound. Doors open at 6 p.m. and concerts start at 6:30 p.m.

## The Music of John Williams

### Various dates and locations

The Greater Des Moines Community Band announced the schedule for its summer concert series, "The Music of John Williams."

- July 28, 7 p.m. Copper Shores Village, 1500 Edgewater Drive, Pleasant Hill
- Aug. 4, 6:30 p.m. Rieman Music, 6501 Douglas, Urbandale
- Aug. 9, 11 a.m. Iowa State Fair, Knapp Stage
- Aug. 17, 5 p.m. Trinity United Presbyterian Church, 200 S. Howard St., Indianola

## Earlham concert series

Every Sunday until Aug. 10, 6 p.m.

Earlham City Park, Earlham

The Levitt Amp Earlham Music Series starts with an opening act around 6 p.m. and a headliner around 7:15 p.m. Lots of kids activities and food trucks will be offered as well. The concerts are free and include: July 27: Blame Not the Bard, Day's Live Music; Aug. 3: Larry & Joe, Sun Centauri; Aug. 10: Dessa and The 29:11 South African Choir, Nella Thomas.



## Urbandale Summer Concert Series

Tuesday, July 29 and Tuesday, Aug. 26, 6:30-8 p.m.

Charles Gabus Memorial Tree Park, next to the Urbandale Public Library

Enjoy free, high-quality music in a family-friendly setting. Bring your lawn chair or blanket, and feel free to pack a cooler. Concerts are: Tuesday, July 29: June Bugs DSM; Tuesday, Aug. 26: River City Opry.



## CITYVIEW Summer Stir

Friday, July 25, 5-9 p.m.

East Village, Des Moines

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>.



## National Balloon Classic

July 25 to Aug. 2

Memorial Balloon Field, 1136 150th Ave., Indianola

Beautifully colored hot air balloons dot the skies over Indianola at this annual event. Watch the competition as well as special night shows and enjoy entertainment at the Balloon Field. For more information, visit [www.nationalballoonclassic.com](http://www.nationalballoonclassic.com). ■





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## FAITH

By Thomas Christensen

# THE NEED for forgiveness

Forgiveness. We all need it. We all try to give it. As we live our lives, we are disappointed by others, and we in turn disappoint them. We bring certain expectations to each relationship, and sometimes those expectations are unmet, and sometimes we even truly offend, hurt or cause pain to those we love. An offense has been caused, and somehow we need to bring the relationship back UP to zero.



Enter the need for forgiveness. But before the relationship can be restored, both sides need to agree on the nature and severity of the offense. And what is required for that? Two things: humility and communication. This is one of the reasons they say that communication is key to a marriage. But it's not just communication — the extra measure that's required in order for forgiveness to take place is that both the offender and the offended come together in humility.

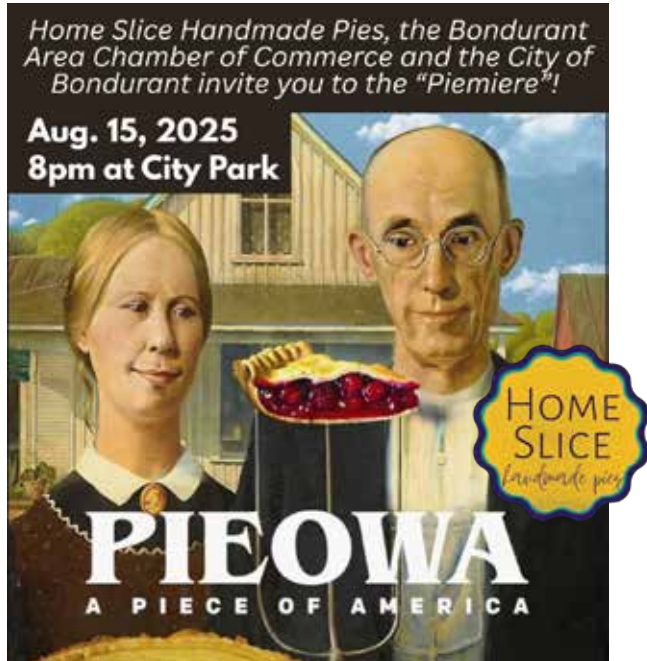
A peacemaker is someone who understands how to do both sides really well, because let's be honest, we are all periodically on both sides of the equation. A peacemaker knows that, when an offense has been caused, there are two responsibilities: restore the relationship AND address the offense. Some of us will have a tendency to sweep the offense under the rug because we don't want to deal with the potential conflict of addressing the offense. This isn't healthy. Some of us have the opposite tendency where we want to attack the offense, but we do so with love and tact and humility, and while the issue may be addressed, it is done so at the expense of harmony in the relationship. Both sides are needed and necessary. The offense needs to be addressed in loving communication and conversation, the offender needs to humble themselves and admit their own fault in the matter, and the offended needs to humbly forgive, knowing that they themselves have also offended in the past and needed forgiveness themselves.

This is the interpersonal aspect of forgiveness. This is the horizontal. But there is also the vertical aspect of forgiveness — the fact that you and I are sinners who must give account to a holy God, and we bring no merit to the table. By our sin, we have broken the relationship. But praise be to God, he offers forgiveness even before we ask it. This is the point of Christ's death on the cross — that he might offer us the gift of salvation to make right what was wrong. My friend, if you have not accepted this gift, please feel free to reach out to me and ask, and I would love to chat with you about it. ■

Information provided by Thomas Christensen, serving as Family & Children's Ministry Director, Federated Church of Bondurant.

# Bondurant News

## July 2025



### Features of Silo Commons

Your support will help build:

- Outdoor amphitheater for concerts and events
- Flexible space for markets, festivals and food trucks
- Native landscaping and sustainable green space
- Chichaqua Valley Trail access with bike-friendly rest stop and restrooms
- Family-friendly features and interactive elements for kids
- Public art showcasing our active recreational opportunities
- Seating, shade and gathering areas



### Why We Need Your Help

Public funding sets the foundation, but community support adds the heart. Local contributions bring key features to life, strengthen future grant applications, and ensure Silo Commons becomes a vibrant place for today's community and future generations to enjoy.

Explore  
the Vision



## Connect with Us



The City of Bondurant offers a variety of ways to keep you connected—from social media pages and email newsletters to texts right to your phone! Follow along, subscribe, or check in when you can—we're here to keep you in the loop and connected to your community.



## Engage with Us

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## NEWS BRIEF

# BONDURANT leads state in certified sites

The city of Bondurant has achieved its fifth development-ready industrial site through the Iowa Economic Development Authority's (IEDA) Certified Sites program — more than any other community in Iowa.

The newly designated Ross Certified Site includes nearly 83 acres northeast of the Des Moines metro area. It is strategically positioned near Interstate 80, Interstate 35 and U.S. Highway 65 and offers completed due diligence such as environmental and archaeological reviews, utility assessments and mitigation planning, helping companies reduce risk and speed up their timelines.

"Bondurant continues to raise the bar when it comes to preparing sites for investment," Debi Durham, director of IEDA and the Iowa Finance Authority, said. "Their success demonstrates how forward-thinking leadership and regional collaboration can pave the way for the next generation of Iowa's economy."

The IEDA Certified Sites program, launched in 2012, aims to meet the growing demand for project-ready industrial locations across Iowa.

Bondurant's track record of site readiness has already attracted major investment. The city's first certified site, announced in 2019, was quickly secured by Amazon for its central Iowa fulfillment center. The Myers Industrial Site, certified in 2022, is located east of Hubbell Avenue/U.S. Highway 65 and south of Northeast 78th Avenue, with zoning that supports a wide variety of industries. Two additional sites earned certification last year.

"This is a powerful milestone for Bondurant," said Mayor Doug Elrod. "It reflects our long-term commitment to strategic growth, business-friendly development and creating a future-ready community."

Zoned for light industrial use, the Ross Certified Site is well-suited for a range of operations. Its central Iowa location provides convenient access to a strong regional workforce, modern infrastructure and metro-area amenities.

"This achievement positions Bondurant as a premier destination for industry and innovation," Elrod added. "We are excited to continue building partnerships that bring quality jobs and investment to our city."

Site certification is one of the fastest-growing trends in the site selection business, enabling states to compete for high-impact projects. Since the Iowa Certified Sites program began, it has attracted more than \$2.23 billion in capital investment to the state.

The certification process is overseen by Quest Site Solutions, a national site selection firm that ensures every site meets or exceeds rigorous certification standards.

To explore certified sites in Bondurant and others around the state, and to learn more about the Iowa Certified Sites program, visit [iowaeda.com/certifiedsites](http://iowaeda.com/certifiedsites). ■

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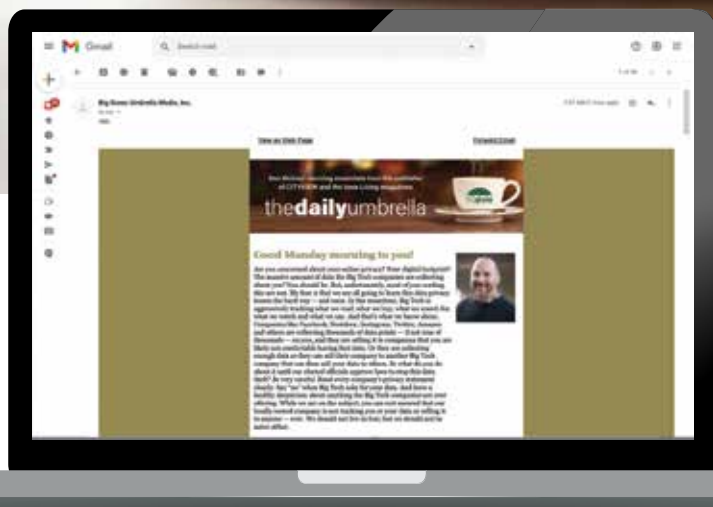
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## HEALTH

By Dr. Steven Neville

# RELIEVING symptoms of jaw clenching

There are five muscles that make up the opening and closing motion of the jaw. The muscles are: masseter, temporalis, medial pterygoid, lateral pterygoid and digastric. The strongest muscle in the body is the masseter muscle due to the weight and force this muscle utilizes when being used. Since the masseter muscle has a lot of tension, people who experience grinding or clenching of their teeth often cause stress on this muscle. Around 8-10% of the population grinds or clenches their teeth with or without knowing. Jaw pain, flat teeth, broken teeth, headaches and/or earaches are results of grinding and clenching. Causes of grinding are stress, anxiety, sleep apnea and medication changes. There are no cures to stop grinding your teeth but there are ways to manage the pain and symptoms from grinding. Mouth guards are effective for protecting teeth during the day and night. A boil-n-bite guard, found at a pharmacy, is easy to try at home while sleeping. Consult with your dentist about the possibility of a custom fit guard if you choose. The nightguard does not solve or address the cause of grinding or clenching but helps manage jaw pain and protect teeth from damage. If you experience one or more of these symptoms, discuss with your dentist, and they can help guide you in the right direction to help relieve jaw pain and protect your teeth. ■



Information provided by Dr. Steven Neville, Kimball & Beecher, 108 Main St. N.E., Bondurant, IA 50035, 515-967-4002.

## WELLNESS

By Nikki Morgan

# UNDERSTANDING melasma

Melasma is a common skin condition that causes brown or gray-brown patches, typically on the face. It most often appears on the cheeks, forehead, upper lip, and chin, and while it can affect anyone, it is most common in women and individuals with medium to darker skin tones. Hormones, sun exposure and genetics play a role.

One of the most frustrating aspects of melasma is its stubbornness. Unlike a sunspot or acne scar, melasma can be chronic and recurring. It is triggered by UV light, heat and even visible light — so daily sun protection is non-negotiable. A broad-spectrum SPF of 30 or higher, along with physical blockers like zinc oxide, are essential for preventing flare-ups.


Treatment options vary depending on skin type and severity. Topical treatments often include ingredients like hydroquinone, azelaic acid, kojic acid and tranexamic acid to help lighten the pigment. In-office procedures such as DiamondGlow, chemical peels, microneedling and low-energy lasers can accelerate results but should be approached cautiously and always under the care of a qualified provider. Over-treating or using the wrong modality can actually make melasma worse.

Managing melasma requires a combination of consistency, patience and professional guidance. While it may not be fully curable, it can be significantly improved with the right regimen and expert support. When in doubt, consult a skin professional to customize a plan that's safe and effective for you. ■



Information provided by Nikki Morgan, DNP, ARNP, SkinFusion, 200 Second St. S.E., Altoona, 515-967-0587, [www.skinfusionfx.com](http://www.skinfusionfx.com), [nikki.skinfusionfx@gmail.com](mailto:nikki.skinfusionfx@gmail.com)

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## HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

# SET yourself up for back-to-school success

Kids and teachers will be heading back to school in just a month. Often the transition back to school can come with challenges, but it doesn't have to. By supporting the overall health of our kids and ourselves, we can prepare the nervous system to adapt to stress, strengthen the immune system and build health. Start these habits now and continue them throughout the school year.

**Start chiropractic care.** Summer is an ideal time to have children and adolescents evaluated by a board-certified pediatric chiropractor. A comprehensive consultation and neurologically focused examination can identify how specific chiropractic adjustments can help your child function at their highest potential this school year. Chiropractic boosts immune system function, helps regulate emotions, improves attention span, addresses forward head posture created by screen use and supports active kids and athletes.

**Get in your bedtime and sleep routine.** If you've fallen into the habit of staying up too late and sleeping all day this summer, now is the time to turn it around. Turn off electronics after dinner. Spend time outside in natural light. Read or do a meditation to wind down.

**Make daily hydration a priority.** Kids and adults should drink half their body weight in ounces of water daily and more if they are very active. Send a water bottle to school and make sure to have one available at pick up or send an extra in their backpack if they take the bus.

**Prepare nutrient-dense meals.** Send a packed lunch to school and support them at home with healthy breakfasts, snacks and dinners. ■

Information provided by Dr. Kari Swain and Dr. Elizabeth Ellrich, Swain Chiropractic, 410 Center Place S.W., Altoona, 515-967-9300.

## A Healthy Family is a Happy Family!

### Families under chiropractic care report:

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- ♥ Increased Emotional Regulation
- ♥ Less Behavioral Issues



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## WELLNESS

By Tricia Heberer

# SUMMER glow-up

Summer is all about glowing skin, poolside confidence, and feeling your best, but the sun, heat and humidity can also be hard on your complexion. While many people pause treatments during the summer, it is actually one of the best times to invest in skin rejuvenation and protection. Let us talk about how you can maintain (or even improve) your skin's radiance through summer-safe treatments.



During summer months, your skin is exposed to more UV radiation, sweat, oil production and pollutants. This combination can lead to dullness, hyperpigmentation, breakouts, dehydration and accelerated aging.

But that doesn't mean you have to hit pause on professional skincare. It just means choosing treatments that are safe, effective and seasonally appropriate, such as Glo2Facial or any custom facial that adds radiofrequency for a bigger boost to collagen stimulation; MOXI or any summer-safe resurfacing treatments; injectables — Botox and dermal fillers are ideal for refreshing your look; and medical-grade skincare (consult a skincare professional for the best products for your skincare goals).

Summer skincare tips from the pros: always wear SPF (even on cloudy days); hydrate-inside and out (water and hyaluronic acid-based products); schedule treatments around sun exposure (early mornings or after beach trips are ideal); and stick to your professional skincare routine. It matters even more in summer.

Find a skincare professional nearest you and book a consultation. ■

Information provided by Tricia Heberer, Owner/LE, Luxe Medical Spa and Aesthetics, 88 Paine Circle, Suite 7, Bondurant, 515-630-8637, theheberer@luxemedicalspa.net.

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# FINDING a home and much more

Elrods say neighborhood, community provide what their family needs.

When Jen and Doug Elrod moved to Bondurant in 2005, they were simply looking for more space for their growing family. They had just welcomed their second child and needed to upsize from their home in Grimes.

Both Jen and Doug, who is now the mayor of Bondurant, graduated from Ankeny and had considered moving back to that area. But they were ultimately drawn to Bondurant because of the city's tax abatement program and the many opportunities they saw for their children to get involved due to the community's smaller size.

They built a house on a quiet cul-de-sac and have lived there ever since. For a stretch, there were 23 kids on the cul-de-sac alone.

"One of the things we loved about it is that our kids could just run," Doug says. "We got really close with our neighbors and got to know all the kids in the neighborhood."

Their freezer was always stocked with popsicles, which the kids would grab before running back outside to play. Over time, the bonds they formed with neighbors deepened.

"A couple of our neighbors have become like family," Jen shares.

One neighbor's children even call Jen their second mom.

At one point, the Elrods considered buying a few acres outside of town and relocating, but, in the end, they couldn't bring themselves to leave.

"We just love the people too much," Jen says.

Doug appreciates how Bondurant has grown into its own. When they first arrived, it was largely seen as a bedroom community, as most people commuted elsewhere for work or activities.

"It's really neat seeing more businesses come around, where you can spend your money locally and support owners who are trying to make a life for themselves," he says. "We don't have to go fight crowds to get to the grocery store."

With places like Fareway and Flaming Wok right in town, they no longer have to travel to Ankeny or Altoona for staples or takeout,



Mayor Doug Elrod, wife Jen and their children appreciate what Bondurant has to offer.

either.

Beyond the conveniences, the Elrods appreciate the community feel. Friendly faces, small-town events like the farmers market and Brews and Blues, and a slower pace make Bondurant feel like home.

"It makes it feel homey," Doug says, adding that he may not have gotten involved in community leadership had they lived in a larger city.

"It was because of the relationships I had with other people who were serving in those capacities that got me interested in it," he says.

He also believes the town has a tremendous amount of potential and is well-positioned for future growth.

"There's a lot more to come in Bondurant,"

Doug says.

And, whatever you're looking for in a community, the Elrods say you can find it here.

"If you want to be quiet and stick to yourself, you can absolutely do that because it's a quiet community," Doug says. "But, at the same time, if you want to be involved, there are lots of things to do. Whether with the school system or any community organization, there's something for everyone."

As parents, seeing their three children thrive — being successful in the things they were involved in and having the opportunity to make friends — has been the ultimate reward.

"It really makes it feel like a secure place to live," Jen says. ■

# THE IMPORTANCE of good eyesight in kids

As we push toward the start of the school year, the to-do list keeps growing, but the good news is the Bondurant community is here to help set kids up for success. We have a local urgent care, dentist and a great eye doctor. The eyes process most of the world for kids and is a huge component in their success at school and in life.



Near-sighted or myopic kids are easily caught with a standard vision test. They are the easiest to sort out because they cannot see the board. Myopia shows up around growth spurts: third, seventh and 10th grade. The younger kids usually won't complain that things are blurry because they think that is how everyone sees. Genetics are very strong with myopia. If one parent is near-sighted, kids are twice as likely to be myopic. If both parents are myopic, the chances go up to five times. We can slow down how quickly a prescription progresses, but we can't slow it down completely. We use contact lenses and drops most frequently. The best way to fight genetics is to get kids out to enjoy our awesome parks and activities in Bondurant. Being outside two hours every day is protective against becoming myopic.

Most children are far-sighted or hyperopic. You have to think about these kids as weightlifters. If the weight is light enough, they can easily lift it without any help. This is the majority of children and adults who do not wear any glasses. Those who need glasses don't tend to complain about headaches because they avoid the things that would give them headaches. They will read for shorter periods of time even if the topic is interesting to them or tell you that they don't like to read even if they do love story time. So, if they are struggling to read, make sure to hit the library and find them a book they love and see how long they can read at one time.

The more moderate far-sighted prescriptions will struggle to read the board, especially after reading. This mimics near-sightedness, but it is due to a muscle cramp inside the eye. The eye works so hard to focus on things up close that it can't adjust properly to see things at a distance. It will also go away over school breaks when they are doing fewer activities within arm's reach. We find that having kids in a pair of glasses that allows them to see the board and have their full power for reading works better than standard reading glasses that they take off to see the board.

Remember to enjoy teaching your kids about the world around them and all the things they can see. ■

Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.

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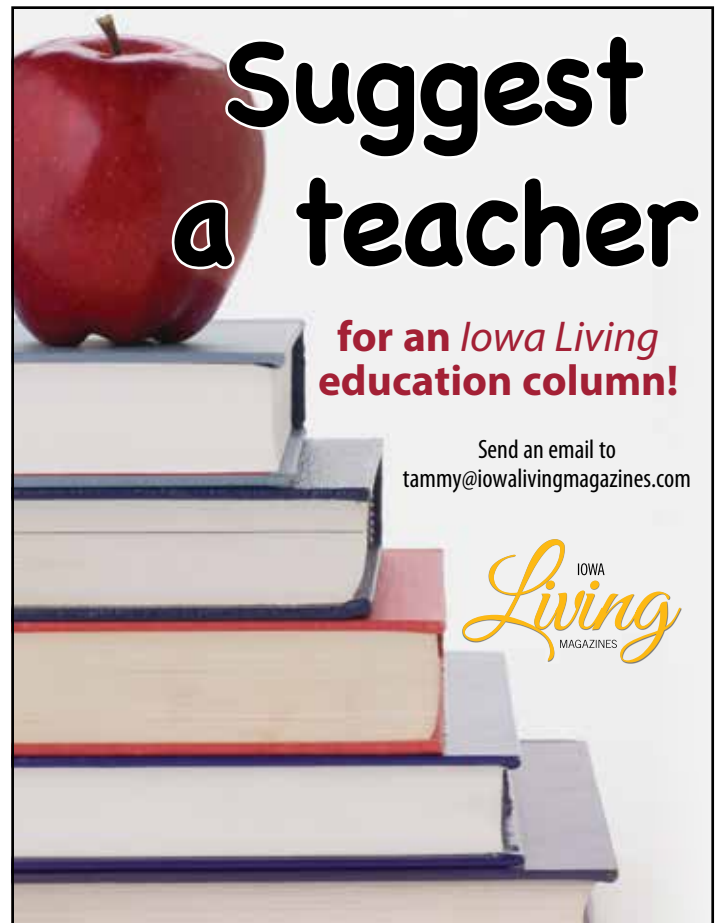


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# FARMERS Market

Bondurant Farmers Market  
was held on July 9.



Chris and Shannon Wolver



Bryana Stevenson



Alicia and Jackson Grandstaff



Brody Diehn and Lucas Schuessler



Linda Campbell and Alex Scuito



Andrew Lewellen and Amber Erickson



Tanner Tracy and Quinton



Faith Brandt and Harlow



Ava Fletchall and Lily Pals



Sidne Bevan with Theodore and Kieran



Ashley Phillips



# FARMERS Market

Bondurant Farmers Market was held on July 9.



Bert and Jen Keeler



Hope Meyer with Finley



Kris Baker



Geena Broghammer with Tatum and Aspen



John and Meredith Davidson and family



Aaron and Mary Scuito and Cameron



Elle Cibula, Lauren Murphy, Steve Britton and Kaydyn Mahrherr



Katie Blaha and Ann Rowlands with Collins and Ashlyn



Laura Lacina, Adelaide Drane, Hudson Ellrod and Tara Cox



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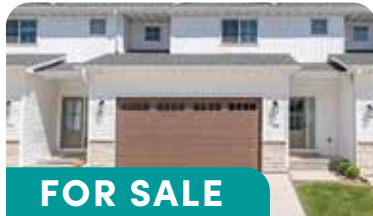
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